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Alberta lost 'passionate builder'

SEAMAN Alberta Premier Ed Stelmach said he was saddened to hear of the death of Doc Seaman on Sunday, who Stelmach said was a good friend who provided him counsel on energy and the economy.

Seaman was part of the original group that brought the Flames to Calgary in 1980. Stelmach said Seaman deeply loved Alberta.

Ed Stelmach

"Doc was a great Albertan and a great Canadian," Stelmach said. "He was a passionate builder of our province. He was a generous man who respected our shared history and heritage, and believed in the good stewardship of our resources."

METRO CALGARY

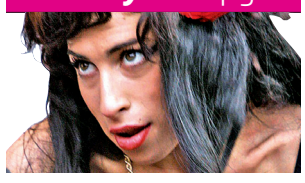
Comment pg 7

Faceoff on hockey fights

World pg 6

Bush reveals his regrets

Celebrity Buzz pg 18



Winehouse set to divorce

ROBIN KUNISKI/FOR METRO CALGARY
Cars left to fend for themselves in the winter weather pose some difficulty for city road crews and drivers alike, with narrowing roads as snow is plowed against them.

Snowed-in vehicles beyond bylaw boss

Bill Bruce says cars causing issues allowed to stay parked

KRISTA SYLVESTER
krista.sylvester@metronews.ca

After days and weeks of dodging cars buried in snow on narrow side roads, Dana Trickett has had enough.

Trickett, 23, lives in the city's southwest and says the roads are becoming dangerous to drive along at times, and at other times frustrating to park on while some cars go unmoved over the winter.

"I find the roads are getting narrower because of the cars that haven't moved, and snow keeps just piling up and burying cars," she said.

City bylaw boss Bill Bruce said there is a problem with people leaving their cars to get buried in the snow, which can cause problems for the community.

"Yes, we have been getting complaints, but our hands are tied. As long as a car is licensed, registered and insured, they are allowed to park on the street," Bruce said.

He said there aren't any bylaws in Calgary that restrict parking, but he would like to see some put in place.

"I think it's something that needs to be looked at," he added.

Comparison

• Some cities, including Ottawa, have rules in place for city snow removal. In Ottawa, if there is more than seven centimetres of snow, then cars must not be parked on residential streets overnight between November and April.

CITY OF OTTAWA WEBSITE

Roads spokesperson Kelsey Strachan said while the city can issue temporary parking bans, they usually only do so in high-density areas like downtown.

"We don't plow in residential areas, so it's not really an issue," she said.

"The snow does pile up, but the important thing is that we get the roads cleared. "

Ald. Andre Chabot said he would support some type of bylaw that would restrict the amount of time people can leave their cars on streets without moving them.

"I would look at some type of 72-hour limit, and I would also look at that for the spring time, too, when roads need to be clear for street cleaning," he said.

City opts for report over full bag ban

PLASTIC Rather than all-out banning plastic bags from Calgary, last night city council voted to support a report about how Calgary could reduce single-use plastic bags.

Ald. John Mar looked to clarify earlier media reports that he sought an outright ban of the plastic sacks in Calgary.

"I'm not looking to eliminate plastic from the lives of Calgarians," said Mar, who brought forth the motion to council last night.

"We just want to look at what the best practices are globally and what the city can do."

Ald. Dale Hodges asked council to take a specific look at single use and distributed plastic bags, as opposed to the plastic bags used to house domestic garbage and placed on the curb for weekly pickup.

Mar has looked into the impact the reduction of plastic bags will have on Calgarians and received feedback on the issue.

"What we've been hearing from groups is 'bravo' from one side and concern from how it will affect their business on the other side," Mar said.

It was the consultation and proposed co-operation with city businesses that garnered the support of the report from Ald. Ric McIver.

JENNIFER HILLIKER/
FOR METRO CALGARY

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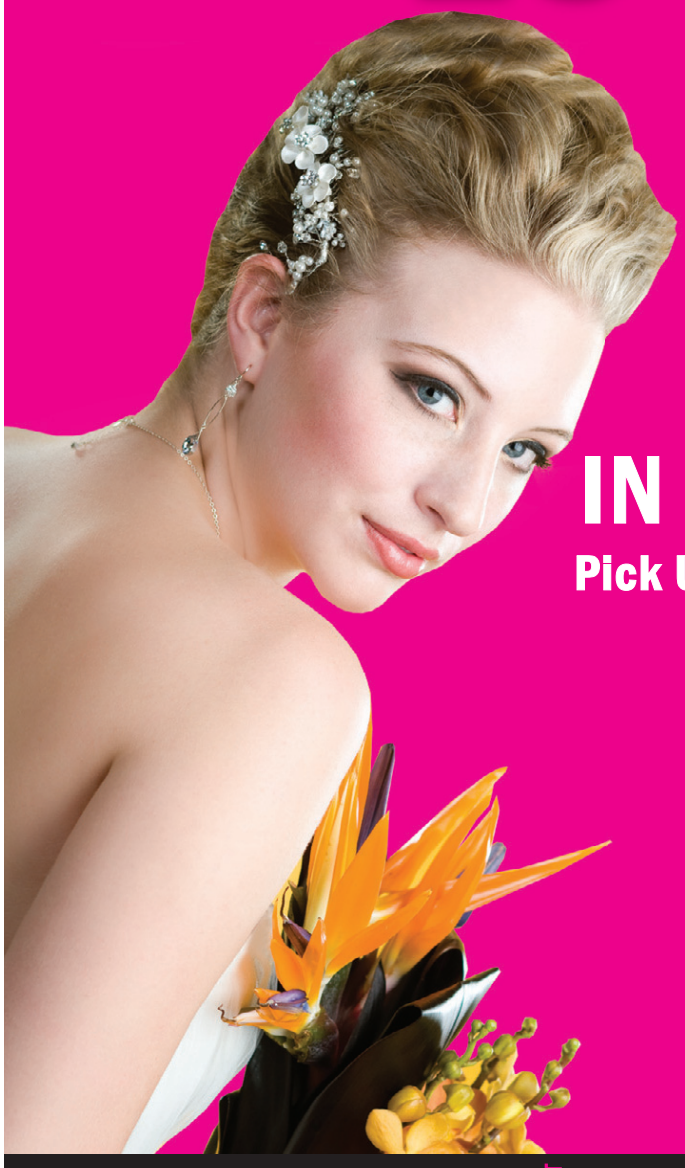

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Fraudster to stay behind bars
An Indian man facing deportation since May 2000 has been ordered to continue sitting in the Calgary Remand Centre. Manjit Singh Rattu was convicted of fraud, and has since been unwilling to co-operate and provide a signature for travel documents, landing him a longer detention. METRO CALGARY

Local

Calgary's cool fundraiser

Calgarians are invited to the coolest fundraiser as Meyers Norris Penny presents the Parents Quest for the Cure – Ice Gala, in support of the Kids Cancer Care Foundation of Alberta. Tickets for the event at the Westin Calgary on Feb. 28 are $200. For more information please visit www.kidscancercare.ab.ca. METRO CALGARY

Charges laid in weekend fatality

CRASH Calgary police have charged a man with impaired driving causing death in connection with a crash Saturday that killed a 21-year-old man.

Traffic section Staff Sgt. Brett Marklund alleges 28-year-old Todd William Smith of Macklin, Sask., was "significantly" over the legal limit when he careened off the road and pinned Francis Marc Resurreccion between vehicles at the side of the road Saturday morning. METRO CALGARY

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WHAT'S ONLINE TODAY

Video A Montreal plan to boost business for horse-drawn carriages could be killing the industry at **metronews.ca/canada**

Video Allan Small on why 2009 is the year to make the most of your RRSP contribution at **metronews.ca/canada**

Smoking's latest deterrent

ALICIA FOX
for Metro Calgary

Third-hand smoke is the new deterrent to smoking in vehicles.

According to Jonathan Winickoff, a pediatrician at the Massachusetts General Hospital who released a report on the dangers of the toxins that cling to surrounding surfaces, second-hand smoke is no longer the only known danger kids face in vehicles with smokers.

"Children who are young and in the vehicle will touch the surfaces and ingest the tobacco toxins," said Winickoff, adding that children are 20 times more susceptible due to their smaller size and closer proximity to tobacco-ridden surfaces.

While it's still legal to drive and smoke, at least in Calgary, Ald. Dale Hodges said he wouldn't discount the possibility of Calgary following Okotoks' lead in banning smoking in cars with children.

ROBIN KUNISKI/FOR METRO CALGARY

Researchers have recently coined the term, "third-hand smoke," meaning the tobacco and smoke particles left behind, particularly in vehicles. Kids are susceptible to the toxins according to the research, and it could have Calgary looking at ways to reduce third-hand exposure to children.

"These days, I wouldn't rule out anything that might arrive on a city council agenda," he said. "It could happen."

Although he wouldn't be the one to bring it to the table, he suggests that Calgarians make some noise about it if they really want it to happen.

But Ald. Ray Jones said it needs to be the province's responsibility.

"We've got enough issues to deal with," he said.

Even if you don't have children to worry about, the resale value of your vehicle also plummets once you light up inside as the smoke film can last for months, Winickoff said.

"There may be no way to truly clean a car that's been smoked in."

New program hopes to help female lawyers

LILITH LAW A new program in Calgary was announced yesterday in an effort to reduce the number of female lawyers leaving the profession in the city.

Research showed that only 16 per cent of lawyers in senior positions are female, and many leave the profession to find more "life balance," according to Lilith Law program designer Ronnalee McMahon.

"We're really hoping this program helps us to tackle the attrition rates of women in the profession," she added.

The six-month mentoring program is the first of its kind in Canada and will allow those with meaningful experiences to help other women advance through their own careers.

"The mentorship is really important because it gets women together," McMahon said of the program that launches at the end of the month.

KRISTA SYLVESTER
/METRO CALGARY

Home prices 'significantly' down

New home prices in Calgary dropped "significantly" over a year between November 2007 and November 2008, according to a Statistics Canada report released yesterday. The 2.5 per cent decline was the largest decline since 1991. METRO CALGARY

Register now, school board says

EDUCATION The Calgary Board of Education wants Calgarians to kick-start their child's education by registering now for kindergarten.

Registration began yesterday at more than 132 elementary schools for children who turn four years old on or before March 1 for the 2009-10 year.

Parents registering their children will need to bring proper documentation including address confirmation and proof of the child's identity, among others.

Bingham Crossing to be retail, residential

SPRINGBANK A new urban development proposed in Springbank, just west of Calgary on Highway 1, may bring in big box stores and residential development to the quiet area. The Bingham Crossing development, with its potential location kitty-corner to Calaway Park, is an 84-hectare development that would include 40 residential lots, 220 townhouse and apartment-style complexes, and a variety of shops ranging from Wal-Mart to Costco to boutiques. METRO CALGARY

January is dump month

Forty per cent of couples reassess relationship after holidays: Study

JENNIFER HILLIKER
for Metro Calgary

ROBIN KUNISK/FOR METRO CALGARY

Heather Campbell, 19, skims through Valentine's Day cards at Carlton Cards looking for the perfect card for someone special. A recent survey said four in 10 people are inclined to make a partner change in the month of January.

Couples, beware of January.

According to a study released by Yahoo! Personals, nearly four out of 10 people are likely to reassess their relationship during the period between the December holidays and Valentine's Day.

"It's like clockwork," said Karen Stewart, CEO of Fairway Divorce Solutions.

"December is dead; we could almost close down our office. But by Jan. 10, the phone is ringing off the hook."

David Aveline, a sociology instructor at Mount Royal College, said new year's resolutions have a lot to do with getting jilted in January.

"A lot of people would like to begin a new era on Jan. 1. Hence, you've got the new year's resolution syndrome with 'I'm going to go to the gym, I'm going to give up smoking, I'm going to give up chocolate cake, and I'm going to dump my boyfriend.'"

Anna Zornosa, vice-president and general manager of Yahoo! Personals attributes the breakup season to unhappy couples sticking it out together over Christmas.

"People tend to 'put up' with current relationships in order to have a partner for holidays gatherings, but once the festivities are over, it's time to decide whether to fish or cut bait," she said.

January can also be the last chance to get out before Valentine's Day, as many say they don't want to spend a romantic holiday with someone they're not all that crazy about.

Student sees opportunities in down economy

ENTREPRENEURS While the Bank of Canada predicted a gloomy outlook for businesses looking to obtain loans and credit in a report yesterday, a Calgarian is rubbing her hands at the opportunity.

Cyndi Novak, 22, is in the first year of the entrepreneurial program at Mount Royal College and sees the economic crisis as one of the best times to start a company.

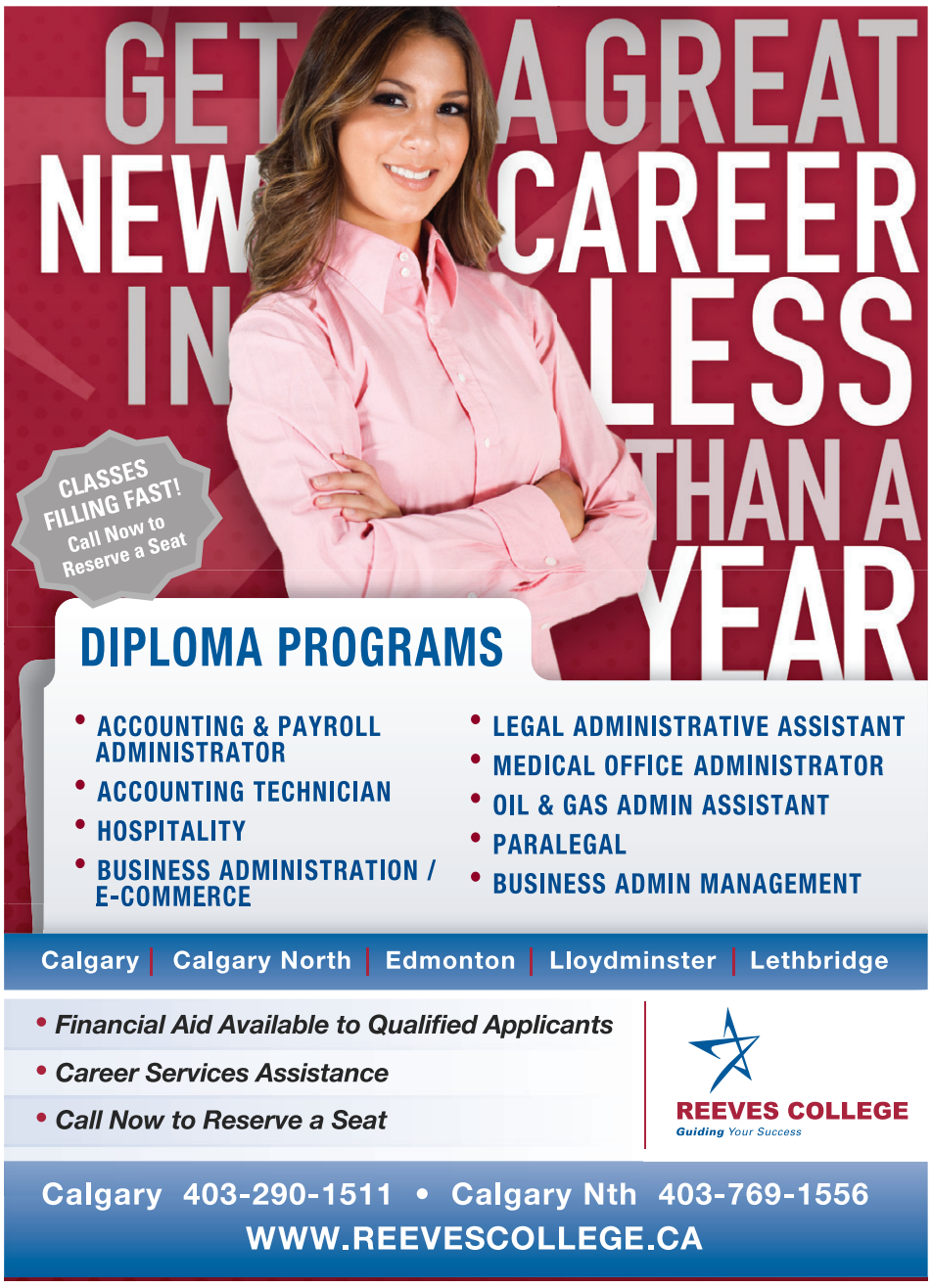
> **"Some of the richest people were made in recessions."**
> Cyndi Novak

"It shows you what the companies (that have gone under) did wrong," she said.

She's required to plan out and begin a functional business to graduate, and present it before a board for approval before being granted funding.

"My father-in-law said that some of the richest people were made in recessions," she said.

ALICIA FOX/FOR METRO CALGARY



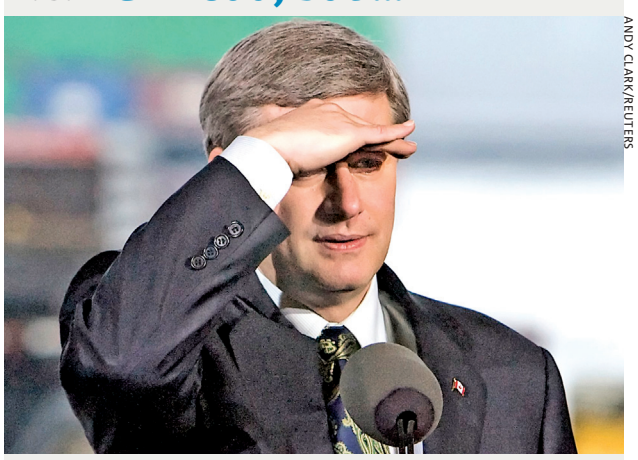
Chinese woman allowed to stay
A pregnant woman who was to be deported to China yesterday was granted a rare last-minute extension to stay in Canada for another year. Despite an inland sponsorship application filed by her Canadian husband, she was still slated for deportation. TORSTAR NEWS SERVICE

Canada

Vicks may be harmful: Doctor

A Canadian researcher says that Vicks VapoRub can be harmful for infants and toddlers. Dr. Bruce Rubin says the popular over-the-counter product may increase airway inflammation and mucus production, according to his study released today. The company maintains the product is safe. TORSTAR NEWS SERVICE

B.C. New road, but ...



ANDY CLARK/REUTERS

Prime Minister Stephen Harper announces the funding of a new road in Surrey, B.C., yesterday. But he said the federal government will not fund any cost overruns for the upcoming 2010 Olympic Winter Games.

News in brief

GAZA Canada stood alone before a United Nations human-rights council yesterday, the only one among 47 nations to oppose a motion condemning the Israeli military offensive in Gaza. The strongly worded motion called for an investigation into "grave" human-rights violations by Israeli forces. Thirteen nations, mostly European, abstained from the vote. TORSTAR NEWS SERVICE

Canada's human-rights history a 'disgrace,' says amnesty group

Canada could soon find itself "named and shamed" as a country that violates human rights in an upcoming United Nations review.

Close to 50 submissions blasting Canada — on everything from the state of indigenous peoples to problems with immigration policy — have been filed with the Geneva-based United Nations Human Rights Council as part of a new review process for UN nations.

"To be criticized doesn't mean Canada has joined the worst of the worst (abusing nations)," said Alex Neve, secretary-general of Amnesty International Canada, of Canada's review that begins Feb. 3. "But as a general rule, Canadians are proud this is a country that believes in human rights and do want our governments (federal, provincial and territorial) to do the right thing."

> **"The Canadian record of upholding the rights of indigenous peoples is ... a source of national shame."**
> Alex Neve, Amnesty International Canada

His organization's submission highlights several areas of concern. In a section on indigenous rights, it notes more children are in the care of the state now than during the century-plus period when they were forcibly removed from communities and sent to Indian residential schools.

"The Canadian record of upholding the rights of indigenous peoples is a real disgrace and a source of national shame," said Neve. "These are not political, economic or natural resource matters. These are issues of human rights."

He added Amnesty International fully expects Canada to be cited for falling short on human rights issues when the UN rights arm publishes its final report.

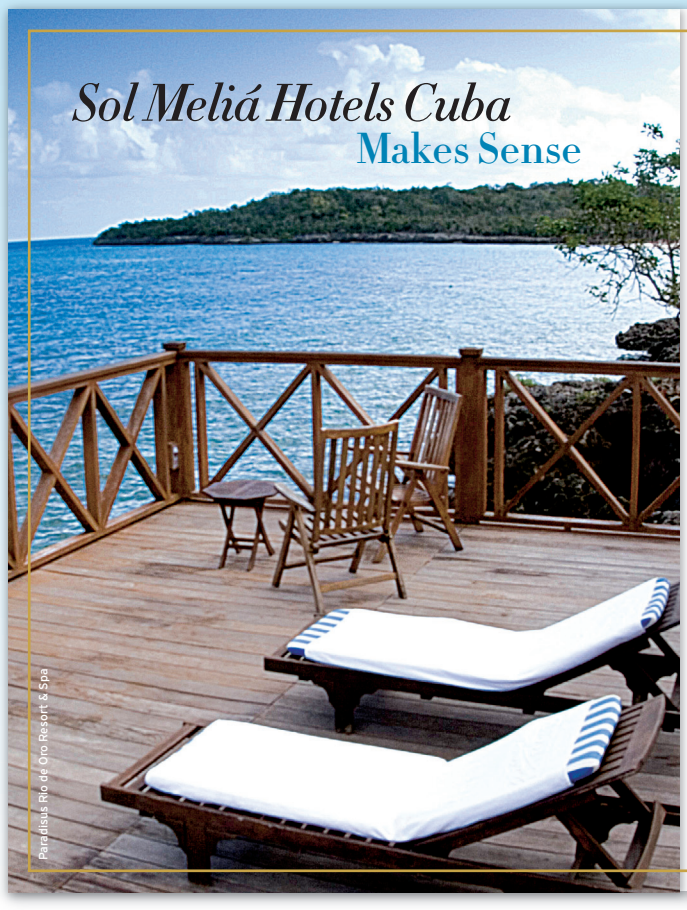
Grand Chief Ed John, from the First Nations Summit in B.C., said Canada has "a duty to uphold human rights at the highest level," and he criticized the government for so-called consultations with non-government organizations in Canada.

Ottawa lauds the Canadian rights record in its lengthy brief, citing everything from the court system and universal health care to education.

Paul Joffe, an international human-rights lawyer, said the power of the review comes with publicity or its "name and shame" aspect.

"What country wants to be put in a report as being against human rights?" he asked. TORSTAR NEWS SERVICE

AIR CANADA VACATIONS



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Turkish police unearth explosives in coup probe

Turkish police found several explosives and bullets in Ankara in a probe linked to coup plot allegations yesterday, the state Anatolian news agency said. Some 40 people, including army officers, were detained this month in a case that has further tested relations between the government and the powerful military. REUTERS

World

First World War veteran dies

One of the last three remaining British veterans from the First World War has died at age 108, the Ministry of Defence said yesterday. Bill Stone, who joined the Royal Navy in 1918 and also took part in the 1940 evacuation of Dunkirk, died at a care home in Berkshire in southeast England on Saturday. He was the last known veteran to serve in both world wars. REUTERS

U.S. backs Israel; Gaza death toll passes 900

MIDEAST Israel won renewed support from its main ally — the United States — yesterday when President George W. Bush said a ceasefire to end its offensive in the Gaza Strip depended on Hamas ending its rocket fire on Israeli towns.

As the Palestinian death toll surpassed 900, troops tightened their grip around urban areas in search of elusive guerrillas. Prime Minister Ehud Olmert said Israel would pursue the 17-day-old war for as long as necessary.

Troops and tanks, backed by warplanes and helicopters that mounted more than 25 air strikes, probed guerrilla defences around the city of Gaza, wary of snipers and booby traps.

Hamas fighters kept largely out of sight, firing several rockets into Israel and bracing for an all-out assault that may yet come.

As international diplomats worked with Egypt on a truce plan, an Israeli army spokesman said the army had yet to launch a much-heralded "Phase 3" of the war.

But reserve units had moved in, he said, to hold positions and free up regulars for thrusts deeper into the city of Gaza. REUTERS

Hamas

- Hamas' leader in Gaza made a rare television and radio broadcast from a secret site, promising "victory is at hand."

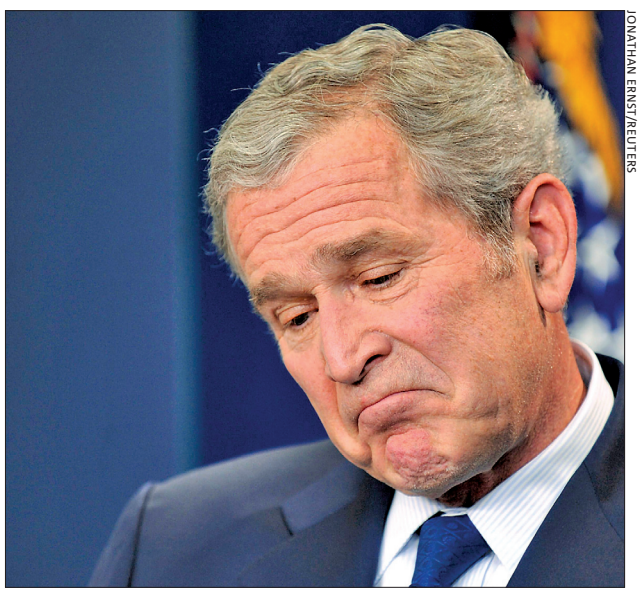
Regrets? Bush has a few

U.S. President George W. Bush, winding up eight years in office, expressed regrets yesterday over policies blocked by Congress, weapons of mass destruction not found in Iraq and the harsh political tone in Washington.

But he defended his actions during one of the biggest debacles of his presidency — hurricane Katrina of 2005 — and said history would be his judge after he leaves the White House on Jan. 20.

"You know, presidents can try to avoid hard decisions and therefore avoid controversy. That's just not my nature," Bush said in his final news conference before turning power to his successor, Barack Obama.

Bush, by turn wistful, reflective and defiant, conceded that mistakes had been made.



JONATHAN ERNST/REUTERS

U.S. President George W. Bush addresses the media yesterday during his final news conference at the White House.

The Mission Accomplished banner as the backdrop for a speech on an aircraft carrier in May 2003, less than two months after the invasion of Iraq, was "clearly" a mistake, he said.

"It sent the wrong message. We were trying to say something differently," Bush said.

The Abu Ghraib scandal of U.S. soldiers mistreating prisoners in Iraq that shocked the world "obviously was a huge disappointment during the presidency," Bush said.

In recent years, an increasingly unpopular Iraq war weighed down Bush's public approval ratings, which took a further hit from the economic downturn.

The main U.S. justification for the war was that Iraq possessed stockpiles of weapons of mass destruction and posed a threat, but no such weapons were found after the U.S.-led invasion in March 2003. REUTERS

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News in brief

NEW YORK Accused swindler Bernard Madoff will be allowed to stay in his Manhattan apartment under house arrest, a U.S. judge ruled yesterday, rejecting a government request to throw him in jail.

ITALY Leading Italian anti-mafia activists expressed alarm yesterday that Facebook pages dedicated to praise of some of Cosa Nostra's most notorious and bloody bosses have attracted hundreds of young admirers.

IRAN Mohammad Khatami, who won presidential elections in 1997 and 2001 in landslides, yesterday gave the strongest signal yet that he was considering running in this year's race for the Iranian presidency against Mahmoud Ahmadinejad, who came to power in 2005. REUTERS

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Comment & Views

Comment

A moment Canada can savour

National**Report**

"Drumroll please," came the American TV man's deeply sarcastic voice, announcing the location of Barack Obama's first foreign trip. "It's Canada."

What a letdown! What a bore!

Many expected the new U.S. president to open with something exotic. Maybe South Africa to see Mandela! What a jump-start message that would send the world.

But slumbering Canada? How does that constitute change? Most every U.S. president, George W. Bush being an exception, has come here first.

Never mind though. We'll take the honour. In the case of the most celebrated incoming president in decades, what an honour it is.

The media focus will be off the charts. The Obama visit could well set the new tone for this administration — accommodation in dealing with foreign countries as opposed to the confrontation that marked the Bush years.

"This is the beginning of an initiative by the president," said Gordon Giffin, a former ambassador to Canada, "to be followed around the world by the new secretary of state, that we're back in the mode of listening to our friends and co-ordinating with our friends, as opposed to sitting in Washington and instructing our friends."

Obama will likely address Parliament and, in so doing, set the stage for a much improved relationship with Canada. He can hardly do worse than Bush, whose Department of Homeland Stupidity has continued to put up barriers along the border between two of history's greatest friends — even though we're now more than seven years past 9/11.

If the Obama administration is aiming for a new era of trust, this continent is a good place to start.

Stephen Harper will be looking, as any politician would be, for an opportunity to share in the Obama glow. Being a conservative, having been in sync with a good portion of the Bush philosophy, it wouldn't normally be an easy thing to do.

But the dismal economic conditions are already forcing a liberal turn on the prime minister. The deficit spending and the stimulus spending to bolster the economy reflect what Obama will be doing south of the border.

Moreover, the president and the prime minister can make headway on what they have both talked about — a cap-and-trade system to combat global warming.

Given the energy security needs of Washington, Harper will have some clout at the table. If the president wants to wade into protectionist waters, the PM need only mention our oil and gas riches.

All in all, the visit sets up ideally for Harper. Like Bush, he has brought an arrogant and confrontational attitude to governance.

Now, by basking in Obama's new way, he has a chance to pretend it never happened.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

Views

Dropping the gloves on fighting in hockey

Ken Campbell
CON

I just got off the phone with Mike Sanderson. He told me beautiful stories about a 21-year-old honours student who would do anything for a friend or a teammate. Then he told me how he and his ex-wife looked at each other New Year's Day and decided to take their son off life support and how they stood by his bed while he took his last breaths a couple hours later.

Don Sanderson is dead because of a meaningless hockey fight in a meaningless game that was already decided because hockey has this ridiculous code that requires teams that are losing to "send a message."

Let's take a different message instead. Let's use this incident to ban fighting at all levels of hockey, including the NHL. Let's never allow anyone to go through what Mike and Dahna Sanderson are enduring again.

I have long believed it would only be a matter of time before a player died in a fight, and someday it won't be in a senior league game in Brantford; it will be at centre ice at Madison Square Garden or the Air Canada Centre.

And it is all so meaningless. If fighting is such an important part of the game, why does play stop when a fight breaks out?

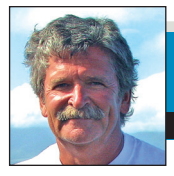
There may have been a purpose to fighting at one time, but the reality is that fighting has become nothing more than a creepy sideshow for blood lusting voyeurs. It's apparently supposed to protect skilled players, but what is accomplished when two goons go at it after a star is hit?

And if it's supposed to keep players honest and prevent them from clubbing each other with their sticks, isn't that the biggest indictment of all on hockey? The game is incapable of policing itself, so the players have to do it?

The culture of violence that surrounds this game is astounding. Without fighting, hockey would be every bit as intense, hits would be every bit as hard and the competition would be every bit as fierce.

Hockey can keep its fighting spirit without keeping fighting as a blight on the game.

Ken Campbell is a writer for The Hockey News.



Jim Van Horne
PRO

I don't consider myself to be a violent person. In fact, I'm a lover, not a fighter. I hate violence of any kind. Except when it comes to hockey. Give me a hockey fight between two willing and able combatants and my blood gets goin'.

I have been watching hockey my entire life. I had the privilege of covering the sport at the local and national levels for more than 35 years. I've been to Stanley Cup finals, world championships, world junior championships and the Olympics.

I love the sport, and I believe that fighting is part of the game. It's been an element that teams have used for intimidation, protection, and even winning. Today's hockey fights are different than they were before the original expansion in 1967-68. Back then, fighters were also players, fulfilling a dual role. Not only could they scare you with their fists, but with their skill as well — John Ferguson was a prime example.

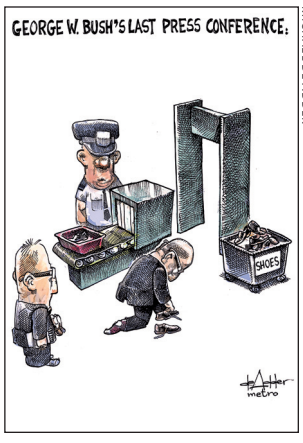
The first game I went to at Maple Leaf Gardens featured a major brawl between the Maple Leafs and the Blackhawks. I think Pierre Pilote was one of the fighters. It was in the penalty box, and Frank Mahovolich climbed the glass to separate the combatants. I'd never seen anything like it, and until that time it was one of the most exciting things I had ever seen in my life.

It's a part of the game fans absolutely love. There is nothing that brings them out of the seats faster than a good knuckle-chuck.

Yes, it was a fight that resulted in the recent death of the Whitby Dunlops' Don Sanderson — a terrible, senseless loss — but it was an accident. Players do not go on the ice with the intention of killing each other. I can't remember another incident where a player died as a direct result of a fight. Unfortunately, drivers are killed racing cars, mountain climbers die pursuing their passion, and divers drown when they go too deep. That doesn't mean these sports should be banned.

Fighting is part of hockey, always has been and always should be.

Jim Van Horne is a veteran Canadian broadcaster.



MICHAEL DE ADDER

Quote of the Day

"I think historians will look back and they'll be able to have a better look at mistakes after some time has passed. There is no such thing as short-term history."

— U.S. PRESIDENT GEORGE W. BUSH, AT HIS FINAL MEDIA CONFERENCE, TALKING ABOUT REGRETS DURING HIS EIGHT YEARS IN OFFICE.

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Overwhelming demand for Windows 7
Downloads of the public test version of Microsoft's new Windows 7 operating system began on Saturday, after the "beta" launch scheduled for Friday was delayed to add more servers. Microsoft also eliminated its 2.5 million download limit. **REUTERS**

Business

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EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Business in brief

STUDY British researchers say traders with the longest ring fingers earned three times as much as their less-endowed colleagues. Testosterone exposure in the womb can determine finger length — and concentration and quick reflexes.

BAILOUT General Motors wants to clarify the terms of borrowing before it accepts $4 billion in emergency loans from the federal and Ontario governments. **REUTERS**

Credit tight, sentiment low

Lending conditions in Canada worsened considerably in the fourth quarter and overall business sentiment is at its lowest level in at least a decade, two Bank of Canada surveys showed yesterday.

The central bank surveyed senior loan officers at 11 major banks and senior management at about 100 businesses.

The mood was deteriorating, "as the effects of the international financial crisis and the weak global economy intensified and spread to domestic demand," the bank said.

The pessimism had some bankers predicting the Bank of Canada will opt for a half-point cut in its key lending rate rather than a less aggressive move on Jan. 20, with Charmaine Buskas, senior economics strategist at TD Securities, predicting the bank could trim 50 basis points.

The loan officers reported two-thirds of companies felt tighter credit conditions, compared with 44 per cent in the third quarter, both in terms of price and in terms and standards.

Business owners were pessimistic as well: Three-quarters think inflation will stay below the central bank's two per cent target in the next two years. **REUTERS**

Markets can't rouse oil from slump

ENERGY Oil settled down nearly eight per cent yesterday, dragged below $38 US by the growing impact of the economic recession on overall energy consumption.

Russia and Ukraine signed a deal to help secure the resumption of Russian gas supplies to Europe, cut off for nearly a week in freezing temperatures.

The market seemed unresponsive to good news that OPEC members may cut production by a further 300,000 barrels per day, and that heating oil demand in the United States will climb above average this week due to cold weather.

"Look at what the market is ignoring ... that's really indicative of the state of oil demand," said Phil Flynn, an analyst at Alaron Trading in Chicago. **REUTERS**

Energy **Hot technology**

ANTONY NJUGUNA/REUTERS

Engineers work at a well in the KenGen Geothermal Energy power station in Naivasha, some 117 kilometres from Nairobi, Kenya, yesterday. Geothermal energy, natural heat stored within the earth, is extracted through wells and piped to a turbine, which rotates a generator.

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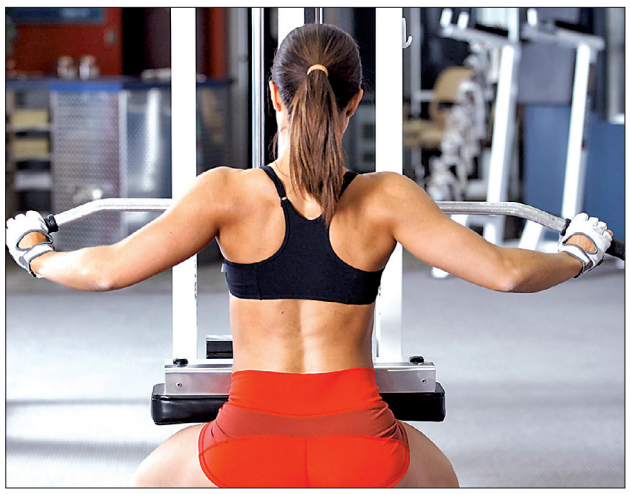
Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Trim up spender's flab

SmartCookies


Have a gym membership you never use?

While we might not be sure of the economic outlook for 2009, one thing we can be sure of is there are certain habits we should all be developing right now to take us through good times and bad. So whether you are in drowning in debt, fearing job loss or no longer being footloose and fancy free, here are some of the best ways to keep your head above water in 2009.

Scrutinize Spending

Have a gym membership you never use? Overspending on eating out? Overboard on giving gifts? The numbers don't lie. If you don't know what is coming in and what is going out every month, then it's impossible to see where you can make changes. Sometimes the simplest changes can have the greatest impact. Track your spending for one month (minimum) and at the end of the month take a hard look at your spending.

Become your Own Advocate

Make 2009 your year to advocate for lower interest rates on all of your loans. If you are carrying a balance on your credit cards, work to transfer the debt to one low interest line of credit or credit card so you are only making payments on this account.

Barter Smarter

If you have a skill, service or talent, try bartering. You can barter everything from dog sitting to personal training. We barter cooking classes, marketing and PR services, and childcare.

Pay the Taxman Less

If you have not done so already, now is the time to open your Tax Free Savings Account. This is your year to maximize the new Tax Free Savings Accounts as well as your RRSPs. If you have lost money in the stock market, which most of us have, you can also write off that loss against your taxes.

Save 20 per cent on Your Entertainment Costs

Most of us spend an average of $500 a month on meals out and entertainment with family and friends. Lowering that cost by just $100 a month would save you $1,200 a year. Simple ways to do that include packing your own lunch, switching from a latté to a regular coffee, and using two-for-one coupons for movies and day trips.

Start a Money Group

For us, the key to financial success began with our Money Group. Whether it is with your better half, your friends or your family, setting a regular time to make a spending plan, review your objectives and brainstorm ways to make more money will not only help you reach your financial goals faster but ensure you stay on track — and have fun doing so!

Visit smartcookies.com for more saving tips and e-mail questions or comments to smartcookies@metronews.ca.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small

This is the year to make the most of your RRSP contribution. Read this week's column at metronews.ca

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Converting RRSPs to RRIFs

MoneyMatters

Henry Choo Chong
choochonghcga@yahoo.ca

Q I am approaching the age limit for retirement. If I convert all my RRSPs to RRIFs, how much capital gains tax will I pay? Secondly, what happens to my investments? Sian

A Many seniors have difficult decisions to make, particularly with losses in their pension plans savings and withdrawals. New rules have increased the age from 69 to 71 years old for collapsing your RRSPs. This effectively gives individuals two more years to contribute and delay withdrawals.

Generally, individuals at age 71 with RRSPs have three options: 1. Withdraw entire amount and pay the tax; 2. Buy an annuity; or 3. Convert to Registered Retirement Income Fund (RRIFs).

According to Jose Lomonaco, a financial advisor with Edward Jones at their Toronto office, "RRIFs are the most popular choice." You will have no income taxes to pay at the age of 71 if you choose to buy RRIFs or annuity.

With an RRIF, your investments can remain intact. The annual minimum requirement must be withdrawn and reported as income on your tax return. However, Lomonaco advises that you maintain your portfolio — individuals must deregister and transfer "in kind" the shares to a non-registered investment account.

Therefore, your stock holdings are unchanged but split between a registered and non-registered account.

Reach Henry Choo Chong, CGA, at choochonghcga@yahoo.ca.

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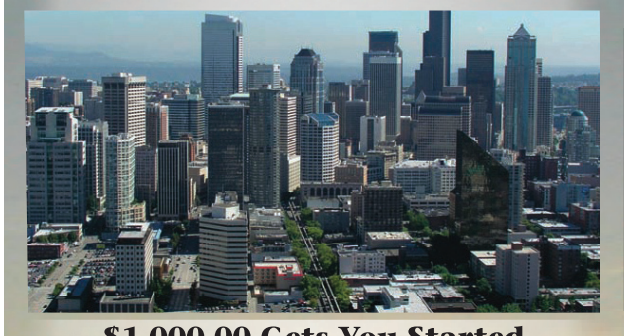

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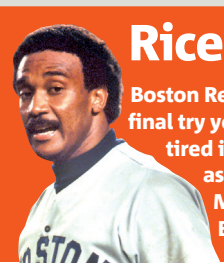
Wrigley game draws largest U.S. NHL regular-season TV audience in 34 years

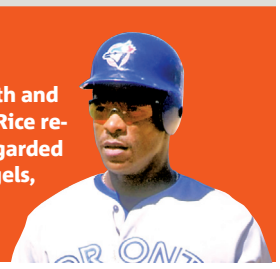
The NHL Winter Classic drew the biggest American TV audience for a regular-season game in nearly 34 years, NBC said yesterday. The Red Wings' 6-4 win over the Blackhawks at Wrigley Field on New Year's Day attracted an average of 4.4 million viewers on NBC, the most since a Flyers-Rangers game on Feb. 23, 1975. METRO NEWS SERVICES

Sports



Rice, Rickey headed to Cooperstown

Boston Red Sox legend Jim Rice, left, was elected to the Baseball Hall of Fame on his 15th and final try yesterday, while Rickey Henderson, right, made it in his first year of eligibility. Rice retired in 1989 with 382 home runs and 1,451 RBI in 16 seasons. Henderson, widely regarded as the best leadoff hitter ever, played for the A's, Yankees, Blue Jays, Padres, Angels, Mets, Mariners, Red Sox and Dodgers over 25 years and holds Major League Baseball's career records for runs and stolen bases. METRO NEWS SERVICES



JOHN.CHICK@METRONEWS.CA

NHL RESULT

Red Wings 4 | **Stars** 5 (OT)

Steve Ott was rewarded for his net presence during regulation, while Stars teammate Trevor Daley put Dallas over the top with his smarts. After pinching from the blueline, the fifth-year defenceman was denied by Detroit Red Wings goalie Chris Osgood, but stayed with the play and buried the rebound into an open net for a 5-4 Stars victory in overtime last night.

Ott, known more for his agitating ways, forced OT with three minutes left in regulation when he got behind a Red Wings rearguard and banged home his fourth goal of the season with Detroit's Brett Lebda in the penalty box.

METRO NEWS SERVICES

NBA RESULT

Raptors 109 | **Celtics** 115

The Toronto Raptors waged a fierce battle last night, but fell 115-109 in overtime to the Boston Celtics in the second leg of a home-and-home series. Paul Pierce led all scorers with 39 points, including eight in OT, as Boston swept the two-game set.

Andrea Bargnani was brilliant in a losing cause for the Raptors, pouring in a team-high 23 points. The Italian forced OT with a three-point basket with one second remaining in regulation. Chris Bosh had 18 points and a team-high 11 rebounds for Toronto.

Roko Ukic scored 16 points in 23 minutes off the bench.

METRO NEWS SERVICES

Champ laughing all the way to the bank

YorkReport

Marty York

marty.york@metronews.ca

En route to the bank yesterday with his newly acquired millions, poker's latest whiz kid couldn't quite decide how he'd like his name spelled.

"I've spelled it Pooria, with an I, since I was little, but all my documents spell it Poorya, with a Y," he told me. "So what the heck? Go with the Y."

All rightie, then, Poorya Nazari it is. And rich is what this 22-year-old from Richmond Hill, Ont., is since collecting — and depositing — the $3 million US he garnered for finishing first on the weekend at the PokerStars Caribbean Adventure, the largest tournament outside Las Vegas.

Nazari's initial buy-in online was a mere $33, and he was one of 1,347 who qualified to participate in six days of play at Paradise Island in the Bahamas last week.

"I seriously started playing online (at pokerstars.net) last December and I was doing well, so I realized maybe I can do this for a living," Nazari mentioned on his way to his bank. "Even when I was in school, I spent most of my time playing poker."

Nazari graduated with a biochemistry degree from McMaster University last month but "my marks suffered and I barely scraped by with a degree."

Doesn't much matter to him at this point, he said. Oh, and a warning to anyone planning to ask him for loans: "The answer, more than likely, will be no."

• After attending and observing the Caribbean tourney, incidentally, I've decided poker qualifies as a sport — a mind sport.

Players can't win without fierce, competitive mindsets. And one of the toughest is a diminutive dynamo from Victoriaville, Que. — Isabelle (No Mercy) Mercier, who gave up her law practice for poker and has made hundreds of thousands at the table. She's fascinating. To find out why, check out my feature on her in Metro and at metronews.ca later this week.

• In baseball, don't be surprised if the Blue Jays soon appoint Washington Nationals president Stan Kasten as their new prez. It's essentially a done deal ... Kasten is also ex-bossman of the Atlanta Braves, who, by the way, are close to signing two prominent free agents — pitcher Derek Lowe and outfielder Adam Dunn ... The latest in the personal affairs of the New York Yankees' Alex Rodriguez: He and Madonna are no more, but he dated actress Kate Hudson on the weekend ... And, yes, Rickey Henderson was a no-brainer for Hall of Fame nomination yesterday because he was the most prolific leadoff batter in history.

But what about Tim Raines, the second-best leadoff batter in history? Will he be perpetually bypassed by Hall voters because, like the perpetually bypassed Andre Dawson, he excelled with the old Montreal Expos?

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

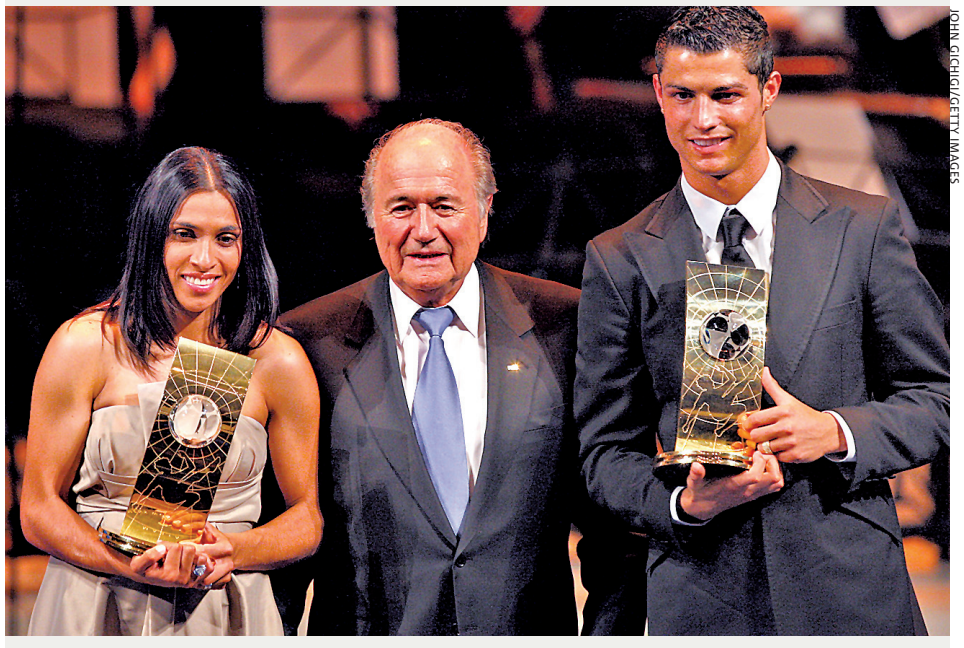
Penn. Bowl?

• Oddsmakers are anticipating an all-Pennsylvania Super Bowl, listing the Philadelphia Eagles as three-point favourites over the Arizona Cardinals in Sunday's NFC final and the Pittsburgh Steelers as six-point favourites over the Ravens in the AFC final.

CNW GROUP/POKERSTARS.NET

Canadian Poorya Nazari brought home $3 million US.

Soccer Marta, Ronaldo take home honours

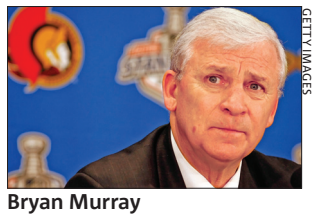


JOHN GIOHGIU/GETTY IMAGES

FIFA women's world player of the year Marta, from left, FIFA president Sepp Blatter and FIFA men's world player of the year Cristiano Ronaldo pose with their hardware yesterday.

Status quo for Sens: GM

Despite rampant speculation that his job is in jeopardy, Ottawa Senators general manager Bryan Murray said yesterday no moves are imminent for the Senators.



GETTY IMAGES

Bryan Murray

Murray went on record as saying he thought he could probably make a trade but would not risk that for his franchise simply to save his job.

Entering last night, the Senators ranked 28th among the 30 NHL teams and are 15 points behind Carolina for the eighth and final playoff spot in the Eastern Conference.

The Sens meet the Carolina Hurricanes in Ottawa tonight. METRO NEWS SERVICES

Sports in brief

Tony Dungy

NFL Indianapolis Colts head coach Tony Dungy officially announced his retirement at a press conference yesterday. Dungy spent the past seven years with the Colts, guiding the team to the playoffs each year. His crowning achievement came in the 2006 season when the Colts beat the Chicago Bears in Super XLI. "You really don't think about this or prepare something for when you retire," said a tearful Dungy. "I've been blessed."

NFL The Denver Broncos introduced Josh McDaniels as their new head coach yesterday. McDaniels signed a four-year contract and becomes the 12th head coach in team history. The former Patriots offensive co-ordinator is 32.

NHL The Boston Bruins placed forward Phil Kessel on injured reserve yesterday, as the emerging young star is battling mononucleosis. Kessel has played in all 42 of Boston's games this season, posting a team-best 24 goals with 17 assists for the top club in the Eastern Conference.

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Learning Curve is a monthly feature that focuses on education and student life. Next month's issue will be Feb. 10.

Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Profs on track with crash pads

Design to be used during 2010 Olympics

JENNIFER HILLIKER
for Metro Calgary

GETTY IMAGES FILE PHOTOS

University of Calgary engineering Prof. Clifton Johnson and Mount Royal College instructor Sean Maw have designed speedskating crash pads for the 2010 Games.

A project that started in a University of Calgary first-year design class five years ago is making its way to the 2010 Olympics in Vancouver.

Engineering Prof. Clifton Johnson was looking at speedskating crash pads with Mount Royal College instructor Sean Maw when they decided to put the project to the class to see what ideas they would come up with.

"What we realized is that speedskating crash pads are extremely complicated," Johnson said. "With 180 groups of four students, you're bound to come up with interesting ideas. The apparatus we used for the projects is the same one we use now."

Johnson and Maw had to measure the force that an average speedskater would hit the crash pads surrounding the rink. To do so, they build a 16-foot pendulum with a 120-pound steel barrel and hit the pads at different speeds, seeing if the barrel would bounce back or if the pads would absorb the impact.

They also had to consider the numerous stipulations the Olympics demand. For example, the pads cannot move as much as the ones at the Olympic Oval in Calgary.

"If this was any normal rink it would have been easier, but because it was the Olympics there were a lot of criteria," Johnson said. "It took a good six months just to lay out all their constraints. But everyone was comfortable with what we were building. I think the end result is the best-performing pads possible."

Adds Maw: "Another thing we are very proud of is how much easier the pads will be for the maintenance staff to work with. They are going to be happy that these pads (complete with doors built in) are easy to work with, to move, and to maintain."

Not only will their crash pads make it to the Olympics, they are also redoing the Calgary system at the Olympic Oval.

The real-world project Maw and Johnson completed has made an impression on their students, said Maw.

"One thing I love about research is it makes me a better teacher," Maw said. "This project has reconfirmed some things for me and has taught me a few things that I can add to my design and engineering classes."

Johnson and Maw are beginning to be approached by international speedskating groups to design pads for their team.

More adults returning to school to increase skills, knowledge

More adults are heading back to the classroom, experts say, and they're doing it for a number of reasons: Staying competitive in an unstable job market, networking with peers in the field and having a fun night out.

"In a softening economy, you want to make sure you make your resumé and employment as recession-proof as possible," says Julia Hanigsberg, dean of the G. Raymond Chang School of Continuing Education at Ryerson University in Toronto. "By updating your skills, you make yourself more desirable to your current employer. Another reason is that in the current economic times, your employment might be precarious, so you need to make yourself more employable in a wider sector."

Among the most popular disciplines in which adults enroll, according to Hanigsberg, are courses dealing with environmental issues and sustainability, food security and health services — fields with growing demands.

"People often don't have static careers the way they might have (had) in the past," Hangisberg said. "In today's knowledge-based economy, you need to have skills that are transferable and nimble. There are always ways to increase your skills and knowledge."

Though you can still learn and stay where you are. Christina Fougere has worked at the same telecommunications company for 20 years in a number of positions. As a student pursuing a project management professional designation, Fougere says what she's learned has made her job easier to do.

"I was nervous at first, but I would say the benefits outweigh any apprehensions you might have," she said. "I would encourage any adult to get into it. It's certainly given me more confidence at my job."

Adults do, however, face some obstacles to going back to school, such as time constraints.

But schools must do their best to accommodate, says Lorna Prediger, marketing and communications manager for the University of Calgary's department of Continuing Education.

The University of Calgary has made it a top priority, Prediger said.

Online course enrolment has increased dramatically as a result, notes Hanigsberg. "Most of our adult students are fully employed. They need to do learning on their own schedule to fit it into their work and family obligations."

In Fougere's case, the biggest benefit is that she gets a little time away from those obligations.

"Class is a fun night out; for a few hours I'm not a wife, a mom or a co-worker. I'm a student," she laughs. METRO NEWS SERVICES

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Learning Curve is a monthly feature that focuses on education and student life. Next month's issue will be Feb. 10.

Empathy Suit mimics aging

JON TATTRIE
for Metro Canada

A Canadian professor has created an "Empathy Suit" to simulate the effects of aging.

Glen Hougan, who teaches product design at NSCAD University in Halifax, says people who work with the elderly, or design aids for them, should strap on the suit to get an inside feel for the problems of growing old.

"As a society, we don't do a good job of understanding the aging process and then adapting our environment," Hougan said. "The Empathy Suit is great because you put it on and it's like: OK, I get it."

The suit restricts movement around the knees, hips, shoulders, elbows, neck, wrist and hands. A strap-on pot belly simulates weight gain and various mechanisms stoop posture. Two layers of gloves reduce tactility and simulate poor circulation. The legs are tied together to imitate reduced stride and bad slippers create poor balance.

JON TATTRIE/FOR METRO CANADA

Glen Hougan, left, helps Rich Collier of PBS into the Empathy Suit.

As if that wasn't enough, goggles simulate a range of visual problems, from macro degeneration to eye hemorrhages and "floaters" — spots on your eyes. A straw gives the user a sense of what reduced lung capacity feels like and ear muffs reduce hearing.

"What does arthritis feel like? What does it feel like to not be able to bend over and tie your shoes?" asked Hougan. "Physiologically, it simulates what it might feel like as you age."

Products to help the aging have been stuck on ugly for decades, Hougan says, and that's going to change.

"The baby boomers are coming through the system," he said. "A lot of the products right now are badly designed. They have that smell of the hospital to them, that cold, institutional look. They function very well, but man, they look ugly.

"The classic case is the orthopedic shoe — those big gorilla boots have been around for 40 years and haven't been redesigned. Can't we find a more elegant solution for the problem?"

> **"Physiologically, (the Empathy Suit) simulates what it might feel like as you age."**
> Glen Hougan

Boomers will want aids that work well and look good. "I see a huge opportunity to redesign everything," he said. Better-designed products will also cut back on falls, improving quality of life and cutting health-care costs.

Hougan's Empathy Suit has attracted worldwide attention. On the day Metro visited NSCAD's waterfront campus, Rich Collier of PBS had flown in from Manhattan to film a segment.

"It does not take the place of talking to seniors; it's just an added tool," Hougan said. "It gives you a little bit of added insight."

NAIT wins competition

HEATHER ANDREWS MILLER
for Metro Calgary

NAIT PHOTO

Northern Alberta Institute of Technology business students took first place in a provincial marketing competition.

A team of students from the Northern Alberta Institute of Technology took home the top prize in province-wide marketing competition. The NAIT team, which included Matt Bell, Hans Kristian Larsen and Sandra Spencer, was given $5,000 for their efforts.

The aim of the program was to encourage marketing strategies for the Recruiting Alberta Police initiative.

"This was a peer-to-peer initiative as we were recruiting other students to consider applying their current skills in a policing situation," explains Bell, a second-year business marketing student. "For example, the public mostly thinks of policing when they see a patrol officer, but there are more than 100 other job opportunities within local police departments that require specialized training, (which) students are learning at post-secondary schools in the province."

The shortage of policing personnel in the province is crucial, partly because of every five applicants, only one qualifies and is hired. "In Alberta alone this year, over 6,000 applicants are going to be needed to fill the necessary positions," Bell said.

NAIT was one of six institutions that entered the competition, with second and third place going to Grant MacEwan College and SAIT.

Bell feels NAIT's proposal was successful because the team was made up of volunteers. "(That) allowed us to get away from the theory of the classroom and think outside of the usual parameters," he said.

"It was a great project that combined the knowledge of the classroom with a realistic situation in the community," said Perri Steuber, associate chair of the accounting program at NAIT's JR Shaw school of business.

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Learning Curve is a monthly feature that focuses on education and student life. Next month's issue will be Feb. 10.

U of C researchers hit jackpot

Foundation for Innovation gives $2.2 million to school

JENNIFER HILLIKER
for Metro Calgary

The University of Calgary is about to buy the biggest and fastest computer it has ever had, set up nine earthquake monitoring systems across Alberta, and monitor rats to decide what causes obesity.

All this was made possible by the $2.2 million awarded to six university researchers from the Canadian Foundation for Innovation. In total, the foundation gave away $45.5 million to support 44 institutions across Canada.

"We are really lucky to be in Canada, where we have gained the ability to do modern research," said Chang-Chun Ling, who received $350,984 to study the link between carbohydrates and cancer and infectious diseases.

> **"We are all really excited and grateful."**
> Chang-Chun Ling

"We are all really excited and grateful."

His sentiments are echoed by Gordon Chua, who does large-scale analysis of genes to determine their function. The funds enabled him to buy DNA micro-ray technologies that include a fluorescent probe and laser scanner that measure the expression of all the genes in a human cell simultaneously.

"I am ecstatic and very relieved because this equipment is essential for my research program," Chua said. The university will also be building him a new, state-of-the-art lab.

John Chen plans to buy the university's largest and fastest computer to simulate the performance of oil and gas fields, something that he has been researching for the past 20 years. The computer he will buy in the next couple of months will be up to 100 times faster in solving problems than the computers he works with today.

"My research is fundamental for the energy demand in this world," Chen said. He hopes to minimize the cost for oil and the environmental impact. "We're going to use this computer to understand what's going on underground."

Sergei Noskov, who studies molecular models for protein-drug interactions in cell membranes, will also be purchasing a cluster of computers for computer simulation.

David Eaton, head of the department of geoscience, received $323,236. He plans to set up nine earthquake monitoring systems across Alberta. He says his students' thesis work is dependant on these types of grants.

"It's a huge opportunity for us," said Catrina Alexandrakis, a PhD geophysics student. "These funds mean I can really improve the quality of my thesis and my research."

Prasanth Chelikani also received funds for his research on obesity.

The money awarded came from the Leaders Opportunity Fund, which is designed to help attract and retain researchers in Canada.

JENNIFER HILLIKER/FOR METRO CALGARY

Grad students Farshid Forouhideh and Catrina Alexandrakis discuss the earthquake monitoring systems they'll set up with David Eaton, head of the department of geoscience at the University of Calgary.

National initiative puts focus on family literacy

BRIAN TOWIE
brian.towie@metronews.ca

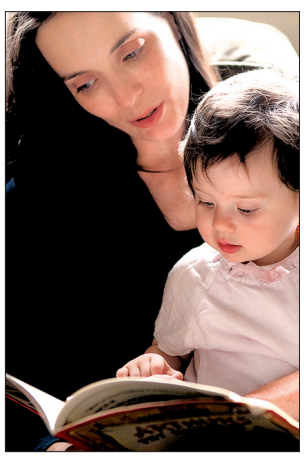
You might have heard, "Pick up a book; TV just rots your brain," when you were a kid. Turns out that might have been right.

Young and old alike will crack spines together on Jan. 23 for Family Literacy Day, an initiative sponsored by private sector literacy foundation ABC Canada. The date will feature various events nationwide aimed at promoting reading and breaking a Guinness World Record for most children reading with an adult, multiple locations.

The activity, however, may prove more important for adults than kids. The latest data (2003) from Statistics Canada and the international Organization for Economic Co-operation and Development (OECD) revealed disturbing numbers. Four out of 10 Canadians aged 16 to 65 have problems reading material beyond a Grade 11 level, with 16 per cent of Canadians struggling with a reading level above grades 5 or 6.

"It's concerning because while our economy in the past has given us lots of jobs for people with low skills, those jobs are disappearing very quickly," says Margaret Eaton, president of ABC Canada. "As the labour market changes, Canadians are not going to have the skills they need to participate."

The problem transcends economic concerns, notes Eaton. Poor reading skills can lead to misunderstanding food and prescription drug labels, poor workplace safety, barriers to comprehending public information and less civic engagement.



Family Literacy Day — which aims to promote reading — takes place on Jan. 23.

In his 2007 book The Assault on Reason, former U.S. vice-president Al Gore cites television, not the printed word, as the chief means of gaining information about the world around us, a one-way medium that by its visceral nature hinders reflective thought and reasoned public discourse.

Eaton is reticent to "make television the villain." Shame tops the list of a number of barriers that adults face. Much like recovering from alcoholism, admitting the problem is the first step to solving it.

"A lot of people end up masking their issues. They have coping strategies they use instead of trying to face it head on," she said. "It's hard to learn to read, particularly for those who have learning disabilities who didn't get them addressed early on."

But rising mediums may yield a brighter future. While they won't teach literacy, text-heavy websites will certainly encourage it, Eaton said.

"Computers, video games, all of those mediums involve a lot of text reading and can be a tremendous boon," she said.

"We suggest you surf the net or play video games with your kids, because those are the kinds of family activities that promote literacy."

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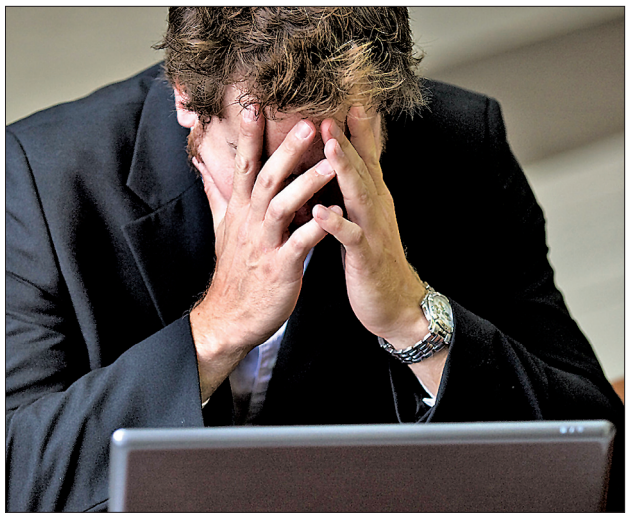

More than 60 per cent of Canadians are unhappy about work.

Work woes depressing, survey finds

NOELLE MUNARETTO
for Metro Canada

Canadians will awaken to face the most depressing day of the entire year on Monday.

The event, nicknamed Blue Monday, was originally conceived by a British researcher who theorized that cold weather, holiday bills and broken new year's resolutions leave people down in the dumps.

However, a recent survey by Everest College and Harris/Decima found that more than 60 per cent of Canadians are actually feeling most unhappy about their work and the crumbling economy.

Don Thibert, director of academic affairs for Everest Canada, says that even though many factors point to an impending recession, this can be the best time to develop new skill sets and career options through education.

"There's a great opportunity to take advantage of the programs that are out there to go and get retrained," says Thibert. "Take a look at the careers that really don't experience big fluctuations in employment based on economic trends."

Aside from providing more job security, re-training for a more recession-proof field means that you are more likely to advance within that area in the future.

"Part of the depression in the survey was that people didn't see any growth for them in the next year or two in their job," says Thibert.

"There's a natural, inherent part in every human that we would like to see ourselves progress."

"Part of the depression ... was that people didn't see any growth for them in the next year or two in their job." Don Thibert

Thibert also says that those who think proactively, by training for a career they love, will be better prepared to stick through tough financial times.

"Never stop learning. You can never have too many skills," he says.

Anthony Oliver, a network security specialist student at Everest, spent years in dead-end jobs before he realized a change was necessary.

"I wanted a role that meant something. Rather than just being a worker I wanted a career," said Oliver. "Without education you're going to be doing jobs without growth. The more education you have the more opportunities for career advancement you have."

Though Oliver was employed as a security guard, he took a leap of faith by leaving the position despite the economic uncertainty around him. He began researching careers on the Internet and said he found that the IT industry was still prospering.

Like Thibert, Oliver says that prospective students can seek help from provincial programs aimed at guiding people towards the right career path.

"Knowing that there might be an economy crunch, if you have the opportunity to get funding for training then go for it," adds Oliver.

Make a snow angel, help charity

Making angels in the snow now has a charitable twist. Simply upload a photo of yourself making a snow angel to curel.ca and the makers of Curel moisturizers will donate one dollar to Starlight Children's Foundation, which helps seriously ill children. METRO NEWS SERVICE

Health & Beauty

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Heart attacks increase in cold

Some should consult their doctor before shovelling

JOSEPHINE LIM
for Metro Canada

When the weather outside is frightful, keep bundled up and warm this winter because heart attacks are more likely to happen.

A study conducted by the Cardiovascular Thrombosis Research Centre at the University of Massachusetts found within a total of 259,894 cases of heart attacks, about 102,725 cases were reported in the spring, while about 157,169 cases were reported in the winter. That's an approximate 53 per cent increase in the colder months.

Dr. Milan Gupta, a cardiologist at the William Osler Health Centre in Brampton, Ont., says this happens for many reasons.

"One is simply the cold weather," he says. "The cold temperature increases blood pressure, which increases heart rate and increases inflammation in the body. All of these things indirectly increase the rate of heart attack."

A change in lifestyle, such as less physical activity, eating richer foods, more drinking, more smoking and weight gain during the holiday season also contribute.

One of the major causes for increased heart attacks is snow shovelling, says Gupta.

Dr. Rakesh Bhargava, the director of Heart Care Research Coronary Prevention and Rehab Program in Oshawa, Ont., says it's the reason many experience their first heart attack.

"Basically people with a sedentary lifestyle are not used to doing sudden, big physical exertion, such as shovelling snow," says Bhargava. "There are some symptoms that are ignored and they think they don't need to worry about it."

Also, many people don't know the symptoms of heart trouble, he says. If a person is feeling heaviness or pressure in the chest, shortness of breath, sweating or nausea, these are symptoms of Angina, a precursor to a heart attack.

"Some people don't take a rest and symptoms become much more intensified," explains Bhargava.

"If it lasts longer than 20 minutes, it can lead to a heart attack."

A heart attack is when there's more severe pain or discomfort in the chest, as well as more intensity in the previous symptoms.

For those with high blood pressure, he suggests checking with a doctor before going out to shovel snow.

Those with known heart disease should also see a doctor first and ask for a treadmill stress test to measure their blood pressure, especially if they've experienced a heart attack within the last three months.

Shovelling tips

• Avoid caffeine or smoking before and while shovelling, keep well hydrated, dress warmly, pace yourself and listen to your body symptoms, advises Dr. Rakesh Bhargava, the director of Heart Care Research Coronary Prevention and Rehab Program in Oshawa, Ont.

JOSEPHINE LIM/FOR METRO CANADA

One of the major causes for increased heart attacks is snow shovelling. According to a recent study, there is an approximate 53 per cent increase of attacks in the colder months.

Recession-proof romance

The J Spot

You can hardly turn a newspaper page these days without someone offering strategies on how to "recession-proof" something.

Recession proof your portfolio, your career, your business your pet's retirement savings plan. How about recession-proofing your relationship?

There's no doubt that with the impending economic challenges ahead, relationships will feel the strain. Losing your job or your home or falling on hard financial times are almost never to-do suggestions in any of those how-to-strengthen-your relationship guidebooks.

In her predictions for 2009, Petra Boynton, a U.K. sex educator (drpetra.co.uk) foresees "increased separation and divorce rates, substance and alcohol abuse, violence within relationships, and extramarital activity."

A lost job, for example, not only results in financial strain, but there can be psychological problems faced by the person who is unemployed that can lead to tension, arguments, blame and worry. Also, as people cut back on spending, they won't be able to enjoy activities that have usually helped them bond as a couple, like travelling or nights out together.

With the impending economic challenges ahead, relationships will feel the strain.

In order to "recession-proof" your relationship, Boynton suggests working together to identify any areas where you can save money:

• Draw up a budget to see if you are wasting any cash.

• Seek financial advice if things are difficult.

• Remember that you don't have to spend money to enjoy being together. Come up with a list of free or low-cost activities — a walk in the local park, an evening where you cook a meal you share by candlelight, doing volunteer work together.

• Speak up about your concerns now. Financial issues have a habit of getting worse if you ignore them.

If and when problems do come up, be sure to offer each other support rather than trying to "fix" each other's worries, adds Boynton.

If things get really tough, counselling, either individually or as a couple, may help.

However Boynton warns, don't go this route just because someone on TV or in a magazine tells you to. Less reputable "therapists" or "coaches" may take advantage of the situation to get through their own financial crisis by convincing you their services are the only way to survive.

By working together and taking the right steps to recession-proof your relationship, it may be that the financial crisis does indeed end up strengthening your relationship after all.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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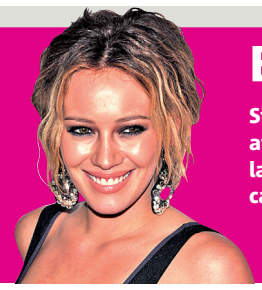
Madagascar leads foreign box office

Madagascar: Escape 2 Africa led the foreign box office for the fifth time in six weekends. The animated sequel earned an estimated $15.8 million US from 61 markets, pushing its total to $366 million. **REUTERS**

Entertainment



Barely Legal

Singer/actress Hilary Duff is attached to play a young lawyer in a new Fox sitcom called Barely Legal.

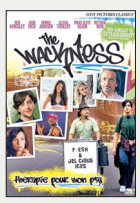
REUTERS

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

DVD picks

The Wackness

Director: Jonathan Levine
Rating: 18A



LIKE JAMES FRANCO'S character in Pineapple Express, Josh Peck plays a drug dealer in The Wackness, a film far gentler and more insightful than its surface glibness implies. But Peck's Luke is nowhere near as mellow as Franco's Saul.

It's the summer of 1994, an era pointed to by the title slang in which things that are bad are "wack" and things that are good are "dope." Things are wack for Luke even though he's making major coin selling dope from an ice cream cart on the broiling streets of New York.

"Do you ever feel kind of like a f–k up?" he asks his shrink Dr. Squires (Ben Kingsley), who has every reason to answer in the affirmative. Dr. Squires is having his own life issues. His wife Kristin (Famke Janssen) despises him and his stepdaughter Stephanie (Olivia Thirlby) treats him with contempt. The doc medicates his problems by smoking the weed Josh gives him as payment for psychiatric sessions.

The Wackness is almost too quirky to be believed, and this Sundance sensation frequently treads towards the squishy ground of contrived characters with dialogue. But director-screenwriter Jonathan Levine has learned a trick or two since his first feature, All the Boys Love Mandy Lane, heading soon to a DVD delete bin near you. **TORSTAR NEWS SERVICE**

Indie rock's lost voice

BRYAN BORZYKOWSKI
for Metro Canada

There are plenty of terrible things that can happen to a band on the road, but almost nothing can derail an up-and-coming act like a singer busting her vocal chords. That's what happened to Land of Talk, an infectious rock trio that could soon oust Arcade Fire as the most-talked-about Montreal band.

JOSEPH YAMNISH PHOTO

Land of Talk's Elizabeth Powell — who recently joined Broken Scene as lead female vocalist — lost her voice on tour last fall. Now she needs surgery and will be out of commission until at least April.

During the band's September tour, lead singer Elizabeth Powell lost her voice for 15 days. A stint as the female lead in Broken Social Scene through the fall — she officially joined the group last week — and a pre-existing problem with her pipes means the eclectic frontwoman is headed for surgery and will likely be out of commission until at least April.

It's bad news for an act that international audiences are just becoming familiar with. "This is so classic," she says, her voice a little raspy, over the phone from Montreal. "Right when you have momentum something drastic happens. Every time things start going well for us a band member quits or a family member get sick. I'm starting to think this is life."

While this setback is serious it's not going to stop Land of Talk entirely. The vigorous Metric-meets-Sonic Youth three-piece plan to write and record during the hiatus. "This is probably the best thing for me and the band in a way," says Powell. "We put out an album in the fall (debut Some Are Lakes) and it was great, but we have a lot of things to work out still."

Up until now they've received rave reviews from the likes of Spin Magazine and Rolling Stone, they've toured Europe and North America and they call Saddle Creek, Bright Eyes' label, home.

"A lot of people have been saying nice things about the record, but unless you're out there you don't feel it," she explains. "We stopped touring a few weeks ago and already I feel very detached."

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Fox Searchlight top studio at Golden Globes

MOVIES Fox Searchlight Pictures racked up more awards than any other movie studio at the Golden Globes Sunday thanks to big wins for Slumdog Millionaire and The Wrestler.

The six awards for the studio, which is a unit of Rupert Murdoch's News Corp, will be key to boosting Searchlight's movie ticket sales in the weeks leading up to Hollywood's biggest event, the Oscars, next month.

Slumdog Millionaire has raked in nearly $38 million US worldwide to date, mostly in the United States. The movie was the night's big winner with four awards.

slumdog

- Slumdog Millionaire is a rags-to-riches tale about a young Indian man who competes on a TV game show.

Fox Searchlight's The Wrestler, which has been released in just a handful of U.S. theaters so far, has brought in $2.8 million. The movie about a fallen wrestler earned best actor honours for Mickey Rourke in the starring role and a best original song award for rocker Bruce Springsteen.

REUTERS

Faye goes Grey
Faye Dunaway, an Oscar winner for Network, will appear in at least one episode of Grey's Anatomy this February, Entertainment Weekly reports. **METRO NEWS SERVICES**

Living the purest of fantasies

IntelleVision

rick.mcginnis@metronews.ca

IT'S BEEN A LONG, LONG TIME: Back when the last episode of season six of 24 aired, subprime mortgages were a good thing, and Barack Obama, the underdog candidate in the Democratic primaries, was expected to lose gracefully to Hillary Clinton.

But the way some TV critics have been writing about the return of 24 in the midst of a very different time, you'd think that, sometime in the interim, gravity had been repealed and an extra day had been added to the week. "Can Jack Bauer make it in the age of Obama?" asked the New York Times last week.

Two days later they told readers that, as ethical dilemmas about torture persist in the first four hours of the new season, the spirit of soon-to-be-former U.S. vice president Dick Cheney "is staying on in spirit on the new season of 24." Tim Goodman of the San Francisco Chronicle went one step further, insisting in a review that the imminent Obama presidency had made 24 "pointless."

"If there's audacity in hope and nationwide belief in the necessity of change, nobody sent the memo to producers of 24," Goodman writes. "This is a series where presidential assassinations were the norm and presidents were corrupt or evil (if they weren't, then they were assassinated). Cynicism about politics and especially the presidency are the currency of 24 — beyond the whole terrorist bogeyman conceit. Hey, they brought back Almeida, why not dig up Dick Nixon, too?"

KELSEY MCNEAL/FOX

Kiefer Sutherland as Jack Bauer, seen here in 24's sixth season.

Goodman, only slightly more than his contemporaries, is being unconvincingly naive. What no one can be bothered recalling is that 24 was written and conceived at the end of the Clinton presidency, after Waco, Vince Foster, Bosnia, Kosovo and the "Wag the Dog" missile attacks on Sudan, though it had the bitter luck to premiere just two months after 9/11.

Goodman ignores The Manchurian Candidate and Seven Days In May, and seems to think that cynicism and political paranoia were legislated into existence by John Ashcroft. At a time when Zimbabwe is printing $50 billion ZWD notes and butchery continues in Sudan despite years of pleas for intervention, 24 is asking us to imagine a rogue African regime covertly attacking the U.S. to prevent military intervention in a genocide; it is, to be sure, the purest of fantasies.

Rick McGinnis writes about music, movies, books and television, but not opera.

Entertainment in brief

TELEVISION Shiri Appleby is set to play a young mother for CW's hourlong pilot Light Years. The comedy-drama centres on a 16-year-old foster kid who tracks down her father and mother (played by Appleby), who haven't spoken since their one-night stand resulted in pregnancy. **REUTERS**

Loretta Lynn gears up for new albums

MUSIC Country legend Loretta Lynn is preparing two projects this year to follow up her 2004 crossover hit, Van Lear Rose.

Lynn, 74, is working on an album of new material that she says could be ready by late spring. The album will be in her traditional country style but will deal with modern issues.

"(A friend) told me: 'Loretta, don't quit writing, because if you do, no one in Nashville is writing songs,'" Lynn tells Billboard. "I write about what's happening today and how I feel."

The second project, an album of re-recorded versions of her No. 1 hits from the past four decades, is being produced by John Carter Cash and could hit stores this summer. **REUTERS**

GlobalStyle

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CA	Vu	SC		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
1/13/09 primetime	267	351	- ACCESS	Truth, Duty, Valour		Without a Trace (N)		Cold Case		Law & Order: Criminal Intent		Help TV
	243	317	3 CFCN	etalk	Hollywood	Law & Order: SVU		American Idol (HDTV) (Season Premiere) (N)				News (N)
	-	-	4 OMNI	2Half Men	The Simpsons	News		News		The Simpsons	King	Metropia
	-	371	5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Homeland Security USA		Scrubs	Scrubs	Primetime: You
	245	306	6 CBRT	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Wild Roses (HDTV) (N)		CBC News: The National		The Hour
	244	338	7 CICT	ET Canada	Entertainment	90210 (HDTV) (N)		NCIS "Broken Bird" (N)		Kitchen Nightmares		News Hour
	246	-	8 CKAL	Law & Order: SVU		Primetime: What Would		Privileged (HDTV) (N)		Scrubs	Scrubs	Your City
	119	705	9 CBXFT	Virginie (SC)	La Facture	Providence (HDTV) (N) (SC)		Roxy (N) (SC)	Grosse vie	Le Téléjournal et Les Nou		TJ Alberta
	-	-	10 SHAW	(6) Local Programming						Local Programming		
	-	372	12 KREM	News (N)	Hollywood	The Doctors		NCIS "Broken Bird" (N)		The Mentalist (HDTV) (N)		Without Trace
	-	374	14 KSPS	NewsHour With Jim Lehrer		Nova (DVS)		Wild! (DVS)		The Ascent of Money (N)		
	502	390	15 CBC	CBC News: The National		Selling Sex in Heaven		CBC News: The National		CBC News: The National		Sex in Heaven
	-	370	16 KHQ	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	The Biggest Loser (N)				Law/Ord SVU
	-	373	22 KAYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men	American Idol (HDTV) (Season Premiere) (N)				News (N)
	297	652	37 WPIX	Privileged (HDTV) (N)		PIX News at Ten Tong.		Two/Half Men	Friends	Sex and-City	According-Jim	Bring Wall St
news	500	500	29 CNN	Larry King Live		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508	502	31 CNN2	Lou Dobbs Tonight		Nancy Grace		Showbiz Tonight		Lou Dobbs Tonight		Nancy Grace
sports	400	400	21 TSN	Boxing		SportsCentre (HDTV) (Live)			In This Corner	Heads-Up Poker Champ.		Rodeo: PRCA
	408	418	27 net	NHL Hockey	NHL Hockey St. Louis Blues at Calgary Flames. (HDTV) (Live)					Sportsnet Connected		Prime Time
	410	403	30 SCORE	(5:30) Court Surfing		Score Tonight		Hardcore Hockey Talk		World Poker Crown		Final Score
	411	457	44 OLN	Mantracker "Buck & RJ"		Bounty Hunter	Dakar Rally	Survivorman		Mantracker "Buck & RJ"		Bounty Hunter
	417	406	48 SPEED	(5) Barrett-Jackson Automobile Auction (HDTV) Tuesday action from Scottsdale, Ariz. (Live)						Barrett-Jackson Automobile Auction (HDTV)		
family	552	543	20 YTV	Drake & Josh	iCarly	Scorpion	Prank Patrol	Malcolm-Mid.	Futurama	Prank Patrol	Prank Patrol	Falcon Beach
	557	541	39 FAM	Zoey 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School
	555	545	67 TOON	Ben 10	Johnny Test	Totally Spies	Total Drama	6teen	6teen	Misadventures	Futurama	American Dad
cable variety	575	583	11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	Three Wishes		Home Improve.	Home Improve.	Reba
	553	546	17 TREE	Little Bear	Maggie-Beast	Comfy Couch	Rolie Polie Olie	Max & Ruby	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	-	-	18 CHTV	The Insider (N)	E! News	Ruby	The Dish	The Biggest Loser (N)				News (N)
	505	398	19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568	23 W	Style by Jury	Style by Jury	Will & Grace	Friends	Extreme Celebrity Debt		Style by Jury	Style by Jury	Good Naked
	521	560	24 TLC	Sextuplets and Twins		Sextuplets and Twins		Little People	Little People	Sextuplets and Twins		Sextuplet-Twin
	603	561	25 FOOD	The F Word		Good Eats	Good Eats	Iron Chef America		Challenge		The F Word
	615	520	26 A&E	The First 48 (HDTV)		Manhunters	Manhunters	The Rookies	The Rookies	The First 48 (HDTV)		The First 48
	617	522	32 SHOW	Wife Swap		The Outer Limits		Mutant X		Testees	Trailer Park	House
	601	562	33 SLICE	Rich Bride, Poor Bride		End of Leash	End of Leash	ET Canada	Matchmaker	Date My Ex: Jo & Slade		Trading Sp
	-	633	34 ENC2	*Great Out.*	(7:25) *Tokyo Cowboy* ★★ (1994, Comedy)			*Sixteen Candles* ★★ (1984, Comedy)			(10:35) *For Keeps* (1988)	
	520	505	35 DISC	Destroyed	Time Warp (N)	Toughest Race: Iditarod		Daily Planet		Destroyed	Time Warp	Race: Iditarod
	620	523	36 BRAVO	Chantal -- Live at the Pyramids				Law & Order "Whiplash"		Without a Trace "Trials"		*Not One Less*
	294	650	40 WPCH	(6) *Dumb and Dumber*		Steve Harvey	Seinfeld	Family Guy	Family Guy	*Dumb and Dumber* ★★ (1994, Comedy)		
	626	547	41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	S. Silverman
	-	539	42 TCM	*The Hunchback of Notre Dame*		*Heaven Can Wait* ★★★ (1978, Fantasy) Warren Beatty.				*The Big Chill* (1983, Comedy-Drama)		
	628	584	43 SPIKE	UFC Unleashed		UFC Unleashed		MANswers	MANswers	CSI: NY "Boo" (HDTV)		Disorderly
	522	516	45 HIST	Ultimate Engineering		NCIS "Faking It"		Ultimate Engineering		Ax Men		NCIS
	627	528	46 SPACE	The Dresden Files		Destination Truth		Stargate SG-1 "Holiday"		Star Trek: Next Gener.		Deep Space 9
	-	-	47 AMC	(6) *Clear and Present Danger* ★★★ (1994, Suspense)				*The Hunt for Red October* ★★★ (1990, Suspense) Sean Connery.				
	619	525	49 TROP	What Happen?	What Happen?	Planet Soap	Big Screen	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy
	600	564	50 HGTV	Sarah's House	Design Inc.	Colin & Justin's Home Heist		Holmes on Homes		Sarah's House	Design Inc.	Pure Design
	501	391	52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	504	508	70 BNN	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News	Squeeze Play
	526	507	92 VIVA	The West Wing		Encounters	In Dreams	Psychic Inv.	Encounters	Judging Amy "Imbroglio"		Mediums
	269	350	93 APTN	Wings-Canada	Great Towns	Wapos Bay	Rez Rides	Fish Out	Mixed Blessing	Caution: Nuts	Rabbit Fall	Moccasin Flats
	-	-	94 MCP	(6:30) News	News	Matchmaker	Mom's-Upset	Il Caffe		In Germany	Euromaxx	Schauplatz
	571	581	100 MMM	Listed		Celebrity Wrestling		Tommy Lee	Tommy Lee	Party of Five		Celeb Wrestle
	570	580	101 MM	Video on Trial	Video on Trial	Degrassi: Next	Instant Star	MuchTopTens		Punk'd	Punk'd	Technical Diff.
	581	566	102 MTV	A Double Shot at Love		A Double Shot at Love (N)		MTV Live	After	Next	The City	Double Shot

critics' corner

Chantal — Live at the Pyramids
Singer Chantal Chamandy used her own resources to get approval to perform in front of Egypt's legendary pyramids. In this special, she performs with the Cairo Symphony Orchestra at the Pyramids of Giza. Songs include "Take a Chance," "Somewhere," "Pray" and more. 7 PM on BRAVO

Without a Trace
This week, Jack (Anthony LaPaglia) and the team search for Elena's (Roselyn Sanchez) former partner, an undercover cop who went missing after a sting. During the investigation, Elena is forced to face the repercussions of her own past actions as she races to find her friend in "Once Lost." 8 PM on ACCESS; 11:01 PM on KREM

Wild Roses
In this new episode, Kate and Lucy (Michelle Harrison, Sarah Power) are caught rustling a bull from the McGregors after their own breeder bull dies. David's (Gary Hudson) determination to get his hands on Rivercross is ramped up by the news that there may be oil under it. Adam MacDonald and Steve Byers also star in "Sisters and Brothers." 9 PM on CBRT

Paltrow ready to pump

Gwyneth Paltrow is set to launch a worldwide chain of gyms with her personal trainer, Tracy Anderson, femalefirst.co.uk reports. The duo is set to build a chain of gyms across Europe, Asia and Australia. METRO NEWS SERVICES

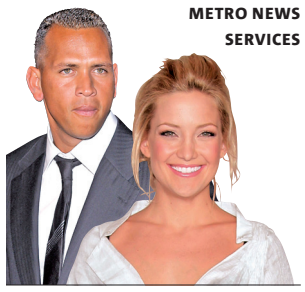
Celebrity Buzz

A-Rod moves on from Madge?

RELATIONSHIPS Looks like A-Rod's forgotten all about Madonna. Yankees slugger Alex Rodriguez has allegedly moved on from the pop superstar and is now dating actress Kate Hudson, according to Page Six.

The two were spotted enjoying a three-hour dinner in New York recently, and eyewitnesses say they were getting very cozy. Though the dinner was with a group of friends, the two headed out to a bar together afterward.

METRO NEWS SERVICES



Daniel talks secret tattoos

PEOPLE Daniel Craig has a secret intimate tattoo, femalefirst.co.uk reports.

The James Bond star has confessed he has a piece of body art only people who have seen him naked can describe, the website says.

Speaking to Jay Leno, he said: "I have a couple of tattoos where you'd see them. There's another where you wouldn't. It's hidden away."

The 40-year-old didn't describe the artwork, although it is believed to start with the letter H.

Craig's other tattoos include a design on his right upper arm and one on the inside of his right calf.

METRO NEWS SERVICES

Amy faces lonely vacay, divorce

DIVORCE Amy Winehouse is having a bad week. She is said to be distraught over the departure of 21-year-old British actor Josh Bowman who she struck up a romance with — despite being married to jailed Blake Fielder-Civil — while staying at the Le Sport resort on the Caribbean island of St. Lucia, femalefirst.co.uk reports.

Meanwhile, the jailed husband of the singer has started divorce proceedings against her, according to people.com.

The website says Fielder-Civil has instructed a lawyer to file papers. "I can confirm that I have been instructed to commence divorce proceedings on the grounds of Amy's adultery," Henri Brandman told People.

The singer's dad Mitch is flying out to St. Lucia to console his daughter, after her new boyfriend flew home from his vacation on the island with his mother and grandmother, femalefirst.co.uk says.

A guest at the hotel told Britain's The Sun newspaper: "Amy was very upset. She was in tears and kept telling Josh she loved him and would see him again soon."

A source added: "Amy has been calling Mitch every day to tell him she is totally besotted. Mitch wants Josh to know he will have their support."

Amy, 25, has credited her meeting Josh and the Caribbean break for changing her outlook on life.

METRO NEWS SERVICES

Fergie and Josh on honeymoon

MARRIAGE After leaving their wedding party after 2 a.m. Sunday, Fergie and her new husband — the freshly minted Mr. and Mrs. Josh Duhamel — left that same afternoon for a tropical honeymoon, people.com reports.

The singer, 33, and the actor, 36, had tied the knot at the Church Estates Vineyards in Malibu.

When the newlyweds arrived at Los Angeles International airport around 2 p.m., Fergie showed off multiple plain and diamond studded wedding bands.

"They pulled up in a limo SUV, and Fergie got out first and smiled. She looked so happy. After Josh got out with a carry-on bag, he immediately grabbed Fergie's hand in a very loving and protective way," one eyewitness tells People.

"Fergie said that the wedding was amazing before Josh chimed in and added that the wedding was great."

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

J.Lo and Marc jump on Obama bandwagon?

POLITICS Jennifer Lopez and hubby Marc Anthony have found a way to bask in Barack Obama's glow — even though they didn't publicly support him until after he got elected, reports Page Six.

The gossip column says Anthony agreed to sing and Lopez said she would "speak" at the Latino Inaugural Ball in Washington on Jan. 18, two nights before the swearing-in. But some Latinos for Obama are furious that the wealthy couple didn't support the Democratic nominee until he'd won.

One power player called them "vile opportunists for worming themselves into anything Obama-related even though they had nothing to do with his win."

According to the source, Anthony refused to perform for Obama during a crucial get-out-the-Latino-vote event in Orlando, Fla., two weeks before the election. Lopez refused to endorse Obama unless he called her himself, which he didn't.

METRO NEWS SERVICES

Fur flies, claws come out for Palin and Fey

PEOPLE Sarah Palin doesn't understand why Tina Fey, a winner again for 30 Rock, was hailed as 2008's entertainer of the year, and Fey doesn't understand why Palin doesn't understand, eonline.com reports.

"I don't understand it, either," Fey told E! after winning at the Golden Globes on Sunday night. "There are a lot of things that she and I don't understand."

E! tried to get Fey to comment on Palin's criticism of the Bristol Palin-inspired Saturday Night Live crack about teenage marriage, but Fey wouldn't further provoke Palin.

"No reaction," Fey told the entertainment show.

METRO NEWS SERVICES

Comeback too soon, Brit's ex-manager says

CAREER Britney Spears' former manager is speaking out about her current comeback. Johnny Wright — who parted ways with the singer in 2003 and sued her in 2007 for money he was owed — thinks that Britney's return to showbiz is too soon. "A comeback is not what I wish for Britney," Wright told OK! Magazine. "All her essential relationships have been torn apart. She's been divorced twice, she doesn't have custody of her kids, she's being pushed back into being a money machine."

METRO NEWS SERVICES

Duchovny talks treatment

PEOPLE In his first public appearance since seeking treatment for sex addiction, David Duchovny thanked his family for standing by him, usmagazine.com reports.

"I'm just most thankful for my life and my family. My wife and my kids — the simple things in life. My gratitude opens my heart every day. I feel blessed," he said before the Golden Globes.

Last summer the actor voluntarily entered rehab for sex addiction. He and wife Tea Leoni later announced they were separating, but remain on friendly terms.

"You do change ... it's all about the actions," he said. "I hope the people close to me and my loved ones feel the change."

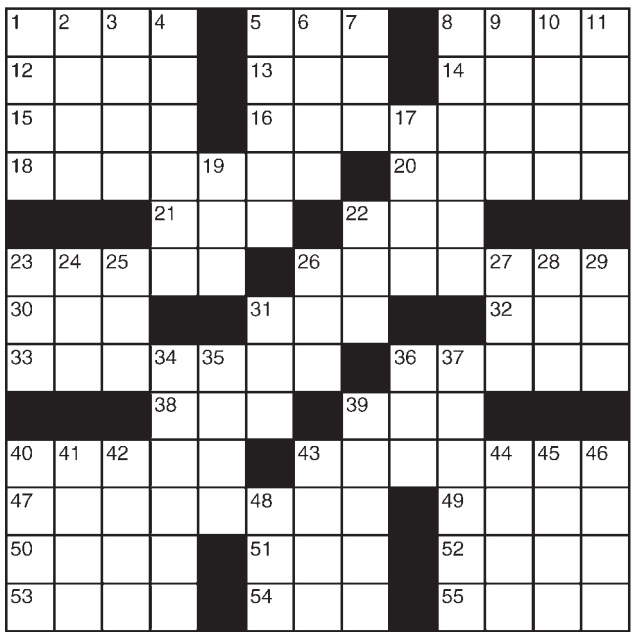
METRO NEWS SERVICES

Today Mostly cloudy 3 C / -3 C
Wednesday Cloudy, snow -7 C / -11 C
Thursday Mostly cloudy 1 C / -10 C

BT BREAKFAST TELEVISION

Andrew Schultz, Weather Specialist – Breakfast Television
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."
WEEKDAYS AT 6 A.M.

Take Five



Crossword across

1 Help a lawbreaker
5 James Bond, e.g.
8 Pitch
12 Note to self
13 UN work agcy.
14 Top-rated
15 Hotel employee
16 Lefty
18 Do better at the box office
20 Thready streaks
21 Chat room chuckling
22 Suitable
23 Westminster, for one
26 Michigan city
30 Tavern
31 Carton
32 Wool provider
33 Louisiana tribe
36 Cell, perhaps
38 Glutton
39 Festive
40 Light bulb gas
43 Carpentry tool
47 Saskatchewan city
49 Hindu noble
50 Rim
51 Wapiti
52 Somewhere out there
53 Night light?
54 Plaything
55 Alluring

Crossword down

1 Bullets, arrows, etc.
2 Suitor
3 Discharge
4 Walk unsteadily
5 Twine fibre
6 Turn the soil
7 Addressee
8 Papeete's island
9 "My bad"
10 Break suddenly
11 Stitches
17 Tiny branch
19 Trigger's rider
22 — modem
23 "Lost" network
24 Scrooge's cry
25 Family guy?
26 Spread seeds
27 Ultra-modernist (Pref.)
28 Grain bristle
29 Teensy
31 Satchel
34 Selected
35 Color quality
36 Skillet
37 Problems that multiply
39 Maladroit
40 Prayer end
41 Took the train
42 Spirited and aggressive
43 Head light?
44 Secure
45 Trojan War hero
46 Cautious
48 Lustrous black

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	6						2	
	3	2		9		4	5	
4			5		1			8
		8	1		2	3		
		1	4		8	5		
7			9		3			5
	1	3		6		7	9	
	5						6	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

R	O	A	D	■	M	A	T	■	S	E	L	F		
Y	A	L	E	■	A	G	A	■	I	L	I	E		
E	T	A	L	■	D	E	M	A	N	D	E	D		
S	H	R	E	W	D	■	E	M	B	O	S	S		
■	■	■	T	R	E	Y	■	P	A	R	■	■		
D	E	M	E	A	N	O	R	■	D	A	N	A		
O	V	A	■	P	E	K	O	E	■	D	O	N		
W	A	L	K	■	D	E	M	I	J	O	H	N		
■	■	D	I	P	■	D	A	R	E	■	■	■		
A	N	E	M	I	A	■	N	E	T	T	L	E		
D	E	M	O	C	R	A	T	■	S	I	A	M		
E	V	E	N	■	I	I	I	■	A	N	T	I		
N	E	R	O	■	A	R	C	■	M	E	E	T		

6	9	2	8	5	4	3	1	7
5	7	8	3	1	9	6	2	4
3	1	4	7	6	2	5	9	8
2	4	9	6	8	7	1	5	3
7	3	1	4	9	5	8	6	2
8	6	5	2	3	1	4	7	9
1	8	7	5	2	3	9	4	6
9	2	3	1	4	6	7	8	5
4	5	6	9	7	8	2	3	1

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Chicken Breasts with Tarragon

INGREDIENTS:
4 boneless, skinless chicken breasts, about 6 oz (170 g) each
2 tbsp (25 ml) plain flour
Salt and black pepper
1 1/2 tbsp (20 ml) unsalted butter
1 1/2 tbsp (20 ml) sunflower oil
2 shallots
4 sprigs of fresh tarragon
3/4 cup (175 ml) dry white wine
1 1/3 cups (325 ml) chicken stock
4 tbsp (60 ml) whipping cream

METHOD:
1. Preheat oven to low. Trim excess fat from breasts and pat dry with paper towel. Dust with flour and season lightly.
2. Heat butter and 1 tbsp (15 ml) oil in frying pan over moderate heat and fry breasts for about 6 minutes per side.
3. Peel and chop shallots. Rinse and dry tarragon, snip off ends and reserve as garnish; strip leaves from remaining stems, chop and set aside.
4. Transfer chicken to oven to keep warm. Add shallots to pan with remaining oil and fry, stirring, for 1 minute. Add wine and half the chopped tarragon. Boil until wine has reduced by half. Add chicken stock and reduce by half again.
5. Stir in whipping cream and remaining chopped tarragon, return chicken to pan, and warm through for 1 minute per side. Serve garnished with tarragon tips.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
A complimentary person is hard to figure out. Work quickly to get a job done properly. Find the humour when a man apologizes.

TAURUS
APRIL 21-MAY 21
A straight-talking person has the power of endurance. Problems lead you to discover that someone loves you. An unfaithful guy does a nasty job.

GEMINI
MAY 22-JUNE 21
An insomniac achieves something special. Watch your reaction to a strong temptation. A reality lesson is learned by a reluctant man.

CANCER
JUNE 22-JULY 22
Give yourself permission to find wealth. A lonely person will go away to a better place. Someone is bowing to your will to succeed.

LEO
JULY 23-AUG 23
A helpful foreigner aids your plans. Reduce your anxiety with a change of direction. Don't be afraid to have second thoughts.

VIRGO
AUG 24-SEPT 22
Grumpiness will change a plan. An insignificant effort will pay off. Your reputation gets more attention.

LIBRA
SEPT 23-OCT 23
A funny woman will lift your spirits. Learn the true meaning of courage. A lack of common sense causes jagged nerves.

SCORPIO
OCT 24-NOV 22
A message prevents a challenge. Avoid getting stuck in your memories. Someone who has tacky taste can help you.

SAGITTARIUS
NOV 23-DEC 21
A stimulating talk will break new ground. Inventive help comes from somebody who is stressed. You'll be able to move again.

CAPRICORN
DEC 22-JAN 20
You can refuse a melodramatic person's help. A fresh reaction will inflame gossipers. An anxious guy wants you to give a pep talk.

AQUARIUS
JAN 21-FEB 18
You can refuse a melodramatic person's help. A fresh reaction will inflame gossipers. An anxious guy wants you to give a pep talk.

PISCES
FEB 19-MARCH 20
Some people are doubtful about your plans. You must face an aversion if you want to conquer it. An early-bird will be punished.

This day in history

JAN. 13, 1842: Dr. William Brydon, a surgeon in the British Army during the First Anglo-Afghan War, becomes famous for being the sole survivor of an army of 16,500 when he reaches the safety of a garrison in Jalalabad.
JAN. 13, 1938: The Church of England accepts the theory of evolution.
JAN. 13, 1942: Henry Ford patents a plastic automobile, which is 30 per cent lighter than a regular car.
JAN. 13, 1922: Japan apologizes for forcing Korean women into sexual slavery during World War II.

METRO NEWS SERVICES

WORDY GURDY®

BY TRICKY RICKY KANE

1. Wriggly-bait-on-a-hook company (1)
2. Give a mark to handbag designer Kate (1)
3. Supplied personnel for Huck's "boat" (1)
4. Military guard contest submission (2)
5. Pulverized talc in a thick clam soup (2)
6. (With 7) Very nearly but not quite done ...
7. ... in a way to gain a limited end in battle (3)

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

ANSWERS
1. WORM FIRM 2. GRADE SPADE 3. STAFFED RAFT 4. SENTRY ENTRY 5. CHOWDER POWDER 6. PRACTICALLY 7. TACTICALLY

1-13-09

MORE MARKDOWNS
JUST TAKEN AT THE BAY!

CLEARANCE
30%-70% OFF

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- **Watches, sterling silver, stainless steel, fine & fashion jewellery**
  Includes gold, diamond, gemstones, cubic zirconia & cultured pearl jewellery.

Prices as marked. Selection will vary by store.

Also, 30%-50% OFF Women's, men's & kids' footwear

Prices as marked. Selection will vary by store.

PLUS MORE GREAT SAVINGS THIS WEEK!

Tuesday, Jan. 13th to Thursday, Jan. 15th

$29.99
MEN'S PERRY ELLIS
FLAT FRONT
CASUAL PANTS
Reg. $64

40% OFF
MEN'S SHOES
BY DOCKERS, NUNN BUSH
& CLAIBORNE
Reg. $110-$140 Sale $66-$84

25% OFF
MEN'S SOCKS
Excludes Calvin Klein, Jockey & Veba.

50% OFF
TROUSSEAU
10 KT. & 14 KT.
GOLD JEWELLERY

50% - 65% OFF
LUGGAGE BY AIR CANADA,
ATLANTIC, VIA RAIL & SKYWAY
Reg. $50-$335 **Sale $20-$167.50**
Excludes any items with 97¢ price endings.

25% OFF
DISTINCTLY HOME
ASTHMA FRIENDLY
PILLOWS, DUVETS &
MATTRESS PADS

50% OFF
ALL COOKWARE SETS
PLUS, 25% OFF OPEN STOCK COOKWARE
Excludes Calphalon, Le Creuset & All-Clad.
PLUS, 20% OFF COOKWARE
BY CALPHALON & LE CREUSET

25% OFF
HENCKELS KNIVES,
KNIFE BLOCK SETS,
FLATWARE
& GADGETS

Selection will vary by store. Savings are off our regular prices, unless otherwise specified. Everyday Bay Value, just-reduced, Power Buys, Manager's Specials, licensed departments, Salviati, Vera Wang and Hbc Foundation charity merchandise are excluded. When you see "POWER BUY" or "MANAGER'S SPECIAL" you will know we have found an exceptional deal to pass on to you. We may tell you the COMPARABLE VALUE on the price ticket and/or a sign, so you will see the price another retailer in Canada charges or would likely charge for the same or a comparable value item. Quantities of our Power Buys and Manager's Specials and items located in any "Style Outlet" in-store departments are limited and may vary from store to store – no rainchecks or substitutions. When we say "PRICE CUT", we mean the existing everyday price is being lowered temporarily. See in-store for details. Excludes Manager's Specials & Everyday Value Priced Items. Purchase any mattress set, have it delivered and we will give you a discount equivalent to the cost of the standard local delivery.

the Bay

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